



**STATE OF CONNECTICUT**  
**DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION**

**Police Officer Standards and Training Council**  
**Connecticut Police Academy**

TO: Training Officers, Police Departments with Seats in the 376th Training Session

FROM: Basic Training Division

DATE: June 28, 2022

SUBJECT: **Seat Confirmation**

This is to notify you that if you have been contacted by Captain Joann Peterson your agency has one or more seat(s) reserved for Session **#376** scheduled to begin on **Friday, September 23<sup>rd</sup>, 2022**. It is important at this time that you notify Captain Joann Peterson of your intention to use the confirmed seat(s) as soon as possible. Failure to notify this agency by **July 29<sup>th</sup>, 2022** may result in the **loss of a confirmed** seat.

Captain Peterson may be reached at 203-427-2615 or [joann.peterson@ct.gov](mailto:joann.peterson@ct.gov).

In addition, enclosed is a medical form and physical fitness assessment form if you choose to **pre-certify** your candidate. If you wish to take advantage of the Connecticut Police Academy Fitness pre-certification, the tentative date is scheduled for **SEPTEMBER 1<sup>ST</sup>, 2021 at 09:00 hours in the Field House**. Please notify Training Officer James Nemphos at 203-427-2611 to register your candidate or obtain information concerning certified Cooper examiners.

Recruit packages will be posted on the POST website by August 1<sup>st</sup>, 2022. The original forms (no copies) must be returned to the academy **no later than Friday September 9<sup>th</sup>, 2022.**

Sincerely,

Marc Fasano, Division Director,  
Basic Training Division



STATE OF CONNECTICUT  
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

Police Officer Standards and Training Council  
Connecticut Police Academy

TO: Training Officers  
Police Departments with Seats in the 376<sup>th</sup> Training Session

FROM: Basic Training Division

DATE: June 28, 2022

SUBJECT: Upcoming Fitness Test Requirements – INCOMING RECRUITS – “376”

The Physical Fitness Standards adopted by the P.O.S.T. Council took effect on December 1, 1995. The Council-established minimum physical fitness norms are now "a condition of appointment to a position of probationary candidate (Police Officer) in a law enforcement unit" and also "a condition for entry into, and continuation in, a Council accredited B.L.E.T. program." The Council also adopted a policy of allowing the entry into a basic training program if the individual demonstrated his/her compliance with the standards within a **thirty (30) day period prior to the beginning of the program.**

**The 376<sup>th</sup> Session is scheduled to begin on FRIDAY, September 23<sup>rd</sup>, 2022 therefore, THAT THIRTY (30) DAY PERIOD FOR THE 376<sup>th</sup> SESSION IS BETWEEN WEDNESDAY AUGUST 24<sup>TH</sup>, 2022 AND FRIDAY, SEPTEMBER 23<sup>RD</sup>, 2022.**

Please find enclosed a packet of documents which you should use to document your candidate's compliance with the fitness standards and to ensure your candidate's physician certifies that your candidate may safely participate in the related fitness programs. Please make the necessary number of copies of the Medical Approval Form.

You may have your candidate establish his/her compliance in one of three (3) different ways explained below:

**OPTION #1:**

You may have your candidate tested and pre-certified by a "**certified fitness specialist**". A list of current Fitness Specialists may be obtained by calling Officer James Nemphos at 203-427-2611, email to [James.Nemphos@ct.gov](mailto:James.Nemphos@ct.gov) or refer to the POSTC website under the Basic Training Division tab.

The fitness specialist who performs the pre-certification fitness tests for your candidate(s) will then fill out, and sign, the "**PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET**" enclosed in the fitness packet. Your candidate(s) will then be accepted into the 376<sup>TH</sup> Session based on the fitness specialist's certification that the candidate has been tested (i.e. pre-certified) within the

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cited thirty (30) day period and successfully demonstrated compliance. The candidate may be tested as many times as he/she desires, and you, and the Certified Fitness Specialist, allow.

If you choose this option, please make sure that the following is completed:

1. Have the candidate's doctor sign the medical form included in the enclosed fitness packet before the candidate appears for fitness testing. NOTE: **The doctor's form requires that he/she sign that he/she has seen the description of the Council's Fitness Tests and Fitness Programs (included in the fitness packet) and he/she certifies that your candidate may safely perform those tests and participate in the programs.**
2. Have your candidate present both the fitness packet, with the medical form signed, to the Fitness Specialist.
3. Have the Fitness Specialist complete and sign the "PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET". When the "MEDICAL FORM" and the "PHYSICAL PERFORMANCE EXAMINATION CANDIDATE'S SCORE SHEET" are properly signed, send them here to our Basic Training Division. If we do not receive them prior to Orientation day, they will be required of your candidate at that time.

**OPTION #2:**

You may have your candidate tested (i.e., pre-certified) by staff personnel here at the Connecticut Police Academy, by notifying us and your candidate that you want him/her to report here at **0900 hours on THURSDAY SEPTEMBER 1<sup>ST</sup>, 2022 with the enclosed doctor's permission form properly completed by the candidate's doctor.**

We will then test your candidate and sign the "PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET" and place it on file here for you. By scheduling your candidate(s) to attend this pre-certification physical fitness test, you will receive notification from us, by the end of the day or early the next morning, whether your candidate has successfully demonstrated compliance and, if so, will be admitted to the Academy for the 376TH Session.

**OPTION #3:**

If your candidate is NOT pre-certified, under either Option #1 or #2 above and COVID restrictions are not in place, you may have him/her report, as in the past, to the Academy for orientation and physical fitness testing on **FRIDAY, SEPTEMBER 23<sup>RD</sup>, 2022.**

Your candidate will be tested at that time, and if he/she successfully demonstrates fitness, will be admitted into the program. If he/she does not successfully demonstrate fitness, he/she will not be accepted into the program and your department will be notified accordingly.

Should you desire to register your candidate(s) to be tested for pre-certification here on **THURSDAY SEPTEMBER 1<sup>ST</sup>, 2022**, please contact Training Officer James Nemphos at our Basic Training Division at (203) 427-2611 to register the candidate. You may register one candidate for each of the seats you have tentatively reserved in that Session.

**The candidate will need to bring the following on the testing date:**

1. Clothing suitable for taking the tests (including the 1.5 mile run outdoors).
2. Appropriate photo identification (i.e. driver's license).
3. The medical form completely filled out with all required signatures.

**NOTE:**

**"To complete the Basic Law Enforcement Training program and achieve initial certification as a police officer, probationary candidates must complete a demonstration of physical fitness at the 40th percentile (as measured by the currently in place four standard tests) effective for all probationary candidates."**

Should you have any question on this topic please contact OFFICER JAMES NEMPHOS at 203-427-2611 or email [James.Nemphos@ct.gov](mailto:James.Nemphos@ct.gov).

Enclosures: 1. Medical Approval Form  
2. Physical Performance Examination Score Sheet



**STATE OF CONNECTICUT**  
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**MEDICAL APPROVAL FORM FOR BASIC TRAINING PROGRAM (INCLUDING PHYSICAL FITNESS TEST)**

*PHYSICIAN'S CERTIFICATION OF ABILITY TO PARTICIPATE IN THE POLICE  
OFFICER STANDARDS & TRAINING COUNCIL'S BASIC TRAINING PROGRAM*

This is to certify that I have reviewed the following submitted material describing various aspects of the Police Officer Standards and Training Council's "Basic Recruit Training Program."

- Entry Level Physical Fitness Standards (Physical Fitness Test)
- Defensive Tactics Training Program
- Chemical Agents Training
- Firearms Training Program
- Physical Wellness Program
- Driver Training Program
- Water Safety Program

After reviewing said material, it is my professional opinion that the candidate named below:

Candidate's Name: \_\_\_\_\_

Candidate's Employing Agency: \_\_\_\_\_

Date of this Physician's Exam: \_\_\_\_\_

***(Approval only valid for 60 days from date of exam)***

IS MEDICALLY CAPABLE OF PARTICIPATING IN THIS BASIC RECRUIT TRAINING PROGRAM.

Physician's Signature: \_\_\_\_\_

**Physician's Name (Typed or Imprinted with Office Stamp)**

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# STATE OF CONNECTICUT

Police Officer Standards and Training Council  
Connecticut Police Academy



## PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME:  DEPARTMENT / AGENCY:

DATE:  GENDER: Male ☐ Female ☐ Age:  Photo ID #:

Start Time		EVENT	40 % TARGET	TRIAL SCORE	INITIALS	P / F	End Time
	1	Sit-ups					
	2	300 Meter Sprint					
	3	Push-ups					
	4	1 ½ Mile Run					

**ACCEPTANCE OF SCORES:** *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME:  DEPARTMENT:   
(please print)

\_\_\_\_\_  
FITNESS SPECIALIST SIGNATURE

\_\_\_\_\_  
FITNESS SPECIALIST CERTIFICATION DATE

### Male Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40%
20-29	38	59 SECONDS	29	12:38
30-39	35	59 SECONDS	24	13:04
40-49	29	72 SECONDS (1:12)	18	13:49
50-59	24	83 SECONDS(1:23)	13	15:03
60-69	19	N/A	10	16:46

### Female Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40 %
20-29	32	71 SECONDS(1:11)	15	14:50
30-39	25	79 SECONDS(1:19)	11	15:38
40-49	20	94 SECONDS(1:34)	9	16:21
50-59	14	N/A	7	18:07

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# IMPORTANT

Please notify Captain J. Peterson via email or telephone at [Joann.Peterson@ct.gov](mailto:Joann.Peterson@ct.gov) or 203-427-2615, no later than **July 29<sup>th</sup>, 2022**, if you intend on using the seat(s).

In **August**, a second packet will be posted on the POST website under basic training division. By **September 2<sup>nd</sup>, 2022**, please provide Captain Peterson with name(s) of your recruit(s).

The original paperwork in the second packet **MUST BE DELIVERED INTO THE ACADEMY NO LATER THAN **September 9<sup>th</sup>, 2022****. If the paperwork is not received, your agency may forfeit the seat(s), which will be given to another requesting agency. PLEASE NOTE THAT SCANNED & PHOTOCOPIES CAN NOT BE ACCEPTED.

Thank you in advance for your cooperation.